

THE EFFECT OF COUNSELING ON THE KNOWLEDGE OF MOTHERS WITH CHILDREN AGED UNDER 5 YEARS ABOUT STUNTING PREVENTION IN KUMAIN VILLAGE, TANDUN DISTRICT

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ABSTRAC

Stunting is a chronic nutritional problem that remains a major concern in Indonesia because it impacts child growth and development. One contributing factor to stunting is mothers' lack of knowledge about stunting prevention. Health education is a viable approach to improving mothers' knowledge. This study aimed to determine the effect of health education on the knowledge of mothers with toddlers about stunting prevention in Kumain Village, Tandun District. This study used a pre-experimental design with a one-group pretest-posttest approach. The population was 214 mothers with toddlers, with a sample size of 70 respondents selected using a purposive sampling technique. Data were collected using questionnaires before and after the education, then analyzed using a paired sample t-test. The results showed an increase in mothers' knowledge after the education. The statistical test showed a p-value <0.05, indicating a significant effect of health education on improving mothers' knowledge about stunting prevention.

Keywords: Education, Maternal Knowledge, Stunting, Toddlers

INTRODUCTION

Nutritional problems in toddlers are a crucial issue in public health development, particularly in developing countries like Indonesia. One nutritional problem with a high prevalence is stunting. Stunting is a condition of growth failure due to chronic malnutrition that occurs over a long period, particularly during the first 1,000 days of life. Stunting not only impacts a child's physical growth but also affects cognitive development, increases the risk of disease, and reduces the quality of future human resources. Global data shows that the prevalence of stunting remains quite high, including in Southeast Asia and Indonesia.

One factor that plays a significant role in stunting is maternal knowledge about nutrition and childcare. Poor maternal knowledge can lead to errors in feeding, parenting, and utilization of health services. Therefore, improving maternal knowledge is a crucial strategy in stunting prevention. Counseling

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Health education is an effective educational method for increasing public knowledge and changing behavior. Through outreach, information on stunting prevention can be delivered directly to mothers of toddlers, hopefully leading to improved understanding and better health practices.

Based on the results of a preliminary survey in Kumain Village, Tandun District, many mothers still lack knowledge about the causes and methods of stunting prevention. This indicates a knowledge gap that needs to be addressed through educational interventions. Based on this background, this study aims to analyze the effect of outreach on the knowledge of mothers with toddlers about stunting prevention in Kumain Village, Tandun District.

RESEARCH METHODOLOGY

This research is a quantitative study with a pre-experimental design (one group pretest-posttest design). The study was conducted in Kumain Village, Tandun District in 2024. The population in this study were all mothers with toddlers totaling 214 people, with a sample of 70 respondents selected using a purposive sampling technique. The research instrument used a questionnaire to measure the level of knowledge of mothers before and after counseling. The intervention provided was in the form of health counseling using leaflets.

RESULTS AND DISCUSSION

A. Univariate Analysis

Univariate analysis is used to describe descriptively the results of data tabulation from research results.

Table 4.1 Descriptive statistics of the influence before and after providing counseling to mothers with toddlers in Kumain village (n=70) Respondents.

Tabel 4.1 Analisis Univariat

Pengetahuan ibu	Mean	SD	Minimum	Maksimum
Sebelum Penyuluhan	63,85	10,9	30	90
Sesudah Penyuluhan	80,71	9,6	45	100

Based on table 4.1, it shows that the minimum score of mother's knowledge before being given counseling was 30 and the maximum score of mother's knowledge before being given counseling was 90, while the minimum score of mother's knowledge after being given counseling was 45 and the maximum score of mother's knowledge after being given counseling was 100. Meanwhile, the results before the counseling obtained an average result of 63.85 with a standard deviation of 10.9 and after being given counseling obtained an average result of 80.71 with a standard deviation of 9.6. From the results above, there was an increase in results

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after being given counseling.

B. Analisis Bivariat

A bivariate analysis was conducted to determine the effect of the independent variable (health education) on the dependent variable (the level of knowledge of mothers with toddlers about stunting prevention). The following presents the results of the interpretation of the knowledge of mothers with toddlers about stunting prevention before and after the education in Kumain Village, Tandun District.

Table 4.2 Results of the analysis of the knowledge of mothers with toddlers about stunting prevention before and after the education (n=70) using the dependent t-test.

Tabel 4.2 Hasil Analisis Bivariat

Pengetahuan Ibu	Mean	SD	P Value
Sebelum Penyuluhan	16,85	10,11	0,000
Sesudah Penyuluhan			

Based on table 4.2, the average difference is 16.85 with a standard deviation of 10.11. From the results above, there was an increase in results after being given counseling. The results of the statistical test using the T-Dependent test obtained a p value of $0.000 < (0.005)$ so H_0 was rejected so it can be concluded that through counseling can increase knowledge of mothers who have toddlers about stunting prevention in Kumain Village, Tandun District.

CONCLUSION

1. The results obtained before the counseling were an average of 63.85 with a standard deviation of 10.9.
2. The results obtained after the counseling were an average of 80.71 with a standard deviation of 9.6.
3. There was an effect of counseling with a p-value of 0.000, indicating that counseling was proven to influence the knowledge of mothers with toddlers about stunting prevention in Kumain Village, Tandun District.

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